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PAGE 17

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Tuesday, July 17, 2012



Calgary Stampede president and chairman Mike Casey, left, and CEO Vern Kimball tip their hats to a successful centennial celebration on Monday. KATIE TURNER/METRO

Next Stampede century bigger, better: Officials

Expansion. Stampede board hopes to make the grounds a year-round destination



KATIE

KIMBALL

katie.turner@metronews.ca

Hours after the final bang of the fireworks sounded on the last day of the centennial Stampede celebrations, officials were already looking towards the next century.

Mike Casey, president and chairman of the Calgary Stampede, said the two and a half

years of planning for the 100th year was worth it.

"To see it all come together is probably the best feeling I've ever had," said Casey.

Despite the shattered attendance records and new attractions offered on the grounds this year, Casey said he's confident 2013 will be just as exciting.

"Stay tuned," he said. "I have no doubt that next year will be bigger and better than ever."

Stampede CEO Vern Kimball echoed Casey's remarks and pointed towards the board's plans to make the grounds a year-round destination.

"We've got tremendous opportunity to share our park

year-round with Calgarians," he said.

Kimball said three major projects are in the works including the Agricultural Discovery Zone, Youth Campus and Riverfront Park — an 18-acre green space on the northeast side of the river that will be the new home of the Indian Village.

"We're just as excited about the first year of the next century as we were about the last year of the last century."

Kimball said the Agricultural Discovery Zone is scheduled for completion in June 2014, Riverfront Park is expected to be complete in 2015 and the Youth Campus is on the books for 2016.

Protecting your privacy?

Privacy commissioner launches a review fearing personal information may have been compromised during the explosion of a Shaw building last week PAGE 3

Magnotta defence may call on lawyer

Attorney who heard the body-parts-killing suspect make allegations about being abused may be called as a witness PAGE 8

Working it out at the office

Workplace romance can be a tricky endeavour, but one expert thinks the American TV show The Office can be a great guidebook for office couples PAGE 19



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Northwest Calgary

Cause unknown in 3-home blaze

The cause of the blaze that damaged three homes in the northwest Sunday night is still undetermined.

The fire broke out at about 6:30 p.m. at a home on Panamount Circle N.W., and when fire crews arrived, the two-storey home was engulfed in flames. A second alarm was called in when firefighters saw the extent of the blaze. No one was injured in the fire and it's still under investigation.

METRO



Extensive damage was caused to three Panorama Hills homes.

CANDICE WARD/FOR METRO

Celebrity speaks out

Sorry, Pam — chuckwagon racing 'here to stay'

Canadian-born celeb Pamela Anderson has written to the Alberta premier, asking her to help stop the chuckwagon races at the Calgary Stampede. Anderson says that as a Canadian she's ashamed that the races continue even as horses die.

Three horses died Thursday night when one of driver Chad Harden's lead horses suffered a burst blood vessel, causing a crash. Calgary Stampede officials said Monday they have no plans to eliminate chuckwagon races.

"Chuckwagon racing is here to stay," said CEO Vern Kimball. "It's what we do and it's what our fans and customers want us to do."

KATIE TURNER/METRO/WITH FILES FROM THE CANADIAN PRESS



The province's privacy commissioner will be reviewing the system in place to protect sensitive Alberta information after last week's fire at the Shaw Court building in downtown Calgary. METRO FILE

Alberta privacy head worried about Shaw fire

Commissioner to review security. Work still needed to restore motor vehicle and land titles services, according to Service Alberta info

the province's privacy commissioner.

The fire, which hit the 13th floor of the Shaw Court building at 6th Street and 3 Avenue S.W. on July 11, affected numerous computer systems that held Albertans' personal, health and financial information.

"What I'm concerned about is the ramifications of an incident like this," said Jill Clayton, Alberta Information and Privacy commissioner.

"Was there any sort of increased exposure or risk to the security and integrity of the information as a result of

this incident?"

Under Alberta law, public bodies, health custodians and private-sector businesses are required to protect information from foreseeable events like the Shaw fire, explained Clayton. That includes having a disaster-recovery plan in place.

Clayton's investigation will take a look at entities like Alberta Health Services, Service Alberta and ATB Financial to see whether they have complied with their responsibilities and laws to protect Albertans' information following the Shaw Court fire.

Service Alberta Minister Manmeet Bhullar said she welcomes the review.

"I feel our systems worked and privacy was protected," said Bhullar.

"But I will always welcome an opportunity for review. It's a review on incidents like this that will ensure our systems get better."

Alberta Health Services declined to comment on the probe, and said they would be reviewing the scope of the investigation.

Clayton said the investigation should be completed in "a few months."



NEWS

On the web

How not to steal laughs at the pump

A cartoon presented by Enbridge at a conference had critics wondering if the company was trying to single out certain Persian Gulf countries as unethical oil sources compared to Alberta. Click on metronews.ca to read the energy giant's explanation of a scowling gas pump.

Mobile news



Revellers lavishly dressed as various mythological Hindu deities took part in the Bonalu festival in Hyderabad, India. Scan the code to view the gallery of colourful costumes.

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S.E. Calgary. Police release images of alleged groper

Police are looking for a male suspect in an alleged groping incident that took place on July 10 in Radisson Heights.

The victim said a man on a bike grabbed her breast while riding by.

The suspect is described as Caucasian, mid-20s, about five-foot-six to five-foot-eight with a skinny build, wearing dark clothing and riding an older black and white mountain bike with yellow lettering. **METRO**



Surveillance image of a possible suspect in an alleged groping incident. COURTESY CALGARY POLICE

Ministers take tour

Feds, province examine oilsands monitoring sites

The federal and Alberta environment ministers are getting a first-hand look at oilsands monitoring sites around Fort McMurray.

Peter Kent and provincial counterpart Diana McQueen are touring two sites being built in response to demands for better environmental oversight in the oilsands region.

Several dozen new sites are being added to better keep track of what impact industry development is having on the air, land and water. **THE CANADIAN PRESS**

Cops called to home

ASIRT investigates after police shoot, kill man

Police in southern Alberta have shot and killed a man.

Two officers with the Lethbridge Regional Police Service were called to a west-side home about a disturbance with a weapon shortly after 11 p.m. Sunday.

A police news release says the officers fired their weapons and hit a 26-year-old man, who died from his wounds.

ASIRT investigators from Calgary arrived at the scene early Monday.

THE CANADIAN PRESS

Autopsy inconclusive after woman found dead

Police say the cause of death of a woman found Saturday evening remains undetermined following an initial autopsy.

The chief medical examiner's office completed the initial autopsy and identified the victim as Stephanie Gingras, 24, of Calgary.

Around 11 p.m. Saturday, police were called to the area of Spruce Meadows Trail and 53 Street S.W. to check on the welfare of a person.

When they arrived, they found the woman dead outside of a vehicle.

Following the autopsy, investigators say the cause of death remains undetermined but police are waiting for the results of the toxicology testing. The possibility of an accident has not been ruled out.

Police say the driver of the vehicle is co-operating and add they have spoken with several witnesses. **METRO**



Calgary's city council voted in favour of a bylaw to ban the sale and possession of shark-fin products such as the ones pictured in this file image.

THE CANADIAN PRESS/THE ASSOCIATED PRESS

City council votes on shark-fin ban

Support. The notice of motion was approved in a 13-2 vote



KATIE TURNER

katie.turner@metronews.ca

Despite questions about the enforceability of banning the sale and possession of shark fins, Calgary's city council voted in favour of drafting such a bylaw.

Ald. Brian Pincott introduced the notice of motion after working with a local group advocating for the banning of the product, which is

Quoted

"More and more municipalities are taking the leadership role where our provincial and federal governments have failed to move in.... I think this is important work." Ald. Druh Farrell

used in making the expensive Chinese delicacy shark-fin soup.

Ald. Andre Chabot advocated for council to lobby the federal government.

"I don't believe this falls within our jurisdiction," he said, adding if it was within

council's power to ban the sale of certain products, he would look towards drug

paraphernalia.

Ald. Druh Farrell argued that although the bylaw could be difficult to enforce, just having it in place will send a message to restaurants currently serving the soup.

"We're not going to have a black market for shark-fin soup," she said. "More and more municipalities are taking the leadership role where

our provincial and federal governments have failed to move in.... I think this is important work."

Ingrid Kuenzel, a board member with Shark Fin Free Calgary, said that after submitting a petition with 8,200 signatures and lobbying city council for months, they were pleased with the decision.

City council "has once again proven to Calgarians and the rest of Canada just how progressive and forward-thinking ... they actually are," she said.

Follow Katie Turner on Twitter @Metro_Katie



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Clean living for the next few days will help shake the Calgary Stampede hangover, say local health experts. ALICIA GERRIOR/FOR METRO

Detox on tap for Stampede partiers

Too much of a good thing. Many who indulged in high-fat, high-calorie foods need to cleanse bodies

ALICIA GERRIOR
calgary@metronews.ca

The Stampede's century bash may have ended Sunday, but some are still feeling the lin-

gering effects two days later. And it's not the booze that's got them hurting — it's the food.

Fried Oreos, mini-doughnuts and "lots of alcohol" are some of the stampede staples Nelli Zimmer, 31, feasted on at the Calgary Stampede.

"I felt like I indulged a lot, and I felt like I had to do something," said Zimmer.

To get the garbage out of her system, she joined Rylia Ventures Stampede Detox

Quoted

"Some of the (Stampede foods) are actually deadly — literally. Heart disease with high blood pressure (because of) deep-fried food is huge."

Chas Young, founder of Result's Fitness Stampede Detox.

Bootcamp.

"Stampede is all about eating high-fat, high-sugar food and drinking insane amounts of alcohol. The whole idea of a detox is to wean you off," said Chas

Young, founder of Result's Fitness Stampede Detox.

But you don't need to throw away hundreds of dollars to clean your body up.

A healthy dose of vege-

tables, proteins and lots of water is often all you need to cleanse the artery-clogging Stampede grease out of your body, according to Young.

"Shoot to drink two, three litres of water a day, and eat half your plate in protein, half of it veggies," said Young.

And get moving, even if it's just 30 minutes of walking a day.

"You'll notice (results) in three days," said Young.

Virtual humans

Software providing real-life medical training

University of Calgary researchers have developed a virtual human to teach students anatomy and physiology.

The interactive tool, called LINDSAY, will bridge the gap in textbook teaching by marrying visual theory with real-life practices, said Dr. Bruce Wright, associate dean of undergraduate medical education. He said the software, used on devices like the iPad, has the potential to revolutionize medical education.

The project was named after promising medical student Dr. Lindsay Kimmett, who died in a car accident in 2009. An honour her parents think most befitting.

Her mother, Dianne Kimmett, said Lindsay needed visual aids to learn from and would spend hours in the cadaver lab to learn her anatomy and physiology.

"There was no tool like this that could've been a part of her education," she said. "She would've loved this."

"Lindsay was going to save a lot of lives as an emergency physician," her father Kelly Kimmett said.

"And with this project she is going to save a lot of lives, because we're going to have better doctors because of this."

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U.S. lawyer may be called as witness in Magnotta case

Body-parts murder.

Romeo Salta says he met with accused killer, who complained of being abused by a mystery man

A lawyer who heard Luka Rocco Magnotta make allegations about being repeatedly abused and forced to have sex with animals says he could be called as a witness at his murder trial.

Romeo Salta, who says he met with Magnotta several times at his Manhattan office in the winter of 2010-11, told The Canadian Press he was informed of the possibility by the defence team last week.

Magnotta, 29, is now facing multiple charges, including first-degree murder, in the May slaying and dismemberment of a 24-year-old university student.

Jun Lin. He has pleaded not guilty to all counts and is due back in court next March.

A day before Salta was told he might be called to testify, the attorney spoke to a reporter about Magnotta's assertions that he was frequently abused — physically, emotionally and sexually — by a mysterious acquaintance known as "Manny."

quantitative known as "Mann."

Salta insisted that Magnotta gave him his blessing to go public with the disturbing details of the alleged attacks, if he were ever arrested or killed. The lawyer said Magnotta wanted people to know his side of the story.

But two days after discussing his exchanges with Magnotta, Salta indicated he's

Magnotta, said. He has been told to say no more.

He declined to answer follow-up questions because of a conversation he said he had with Magnotta's lead defence counsel, Luc Leclair.

"Consequently, I have been advised not to disseminate any

Email exchanges

- The Canadian Press obtained several emails Salta said he received from Magnotta over the weeks that followed their first meeting. All are dated from January 2011, more than a year before Lin's death.

further information than what has already been said, especially when it comes to 'Manny,'" Salta wrote in an email.

Leclair did not immediately return a message asking about Manny and whether Salta could be a witness.

Salta recalled that a frightened Magnotta first contacted him in December 2010 or early January 2011 over concerns police were closing in on him amid a swirl of animal-cruelty accusations.

THE CANADIAN PRESS



Ultra-Orthodox Jews rise against draft attempts

Handcuffed ultra-Orthodox Jews participate in a protest in Jerusalem on Monday against attempts to draft members of the cloistered community into the Israeli military. Thousands of ultra-Orthodox Jews, including hundreds of children, have been protesting. The government is currently trying to find a formula to oblige ultra-Orthodox Jews, who are currently exempt, to serve in the military before a court-determined Aug. 1 deadline. ODD BALILY/THE ASSOCIATED PRESS

The advertisement features a white Chevrolet Orlando SUV parked on a beach. In the foreground, two large beach balls are displayed. The left ball is red and white with the text 'CHEVROLET SUMMER BREAK EVENT'. The right ball is yellow and white with the text 'FINANCE 0% FOR UP TO 60 MONTHS ON SELECT MODELS*'. The background shows a beach with a building and balloons. The word 'ORLANDO' is written in large, white, block letters across the top of the image. The GM logo and 'CHEVROLET' are in the top left corner. The bottom left features a red banner with the text '2012 ORLAND LT'. The bottom right contains the 'MOTORING 2012's "MPV of the Year" Award' and 'MOTORING 2012' logos. The bottom center contains a comparison chart and a financing table. The bottom left also includes a GM logo and a '5 YEARS 160,000 KM' warranty offer. The bottom right includes a QR code and the text 'SCAN HERE TO FIND YOURS'.

Syrian rebels push into Damascus

Fierce clashes. Amid fighting in the capital, international efforts mired in disagreement as Russia continues to resist UN resolution

Syrian rebels fired grenades at tanks and troops while regime armour shelled Damascus neighbourhoods on Monday, sending terrified families fleeing the most sustained and widespread fighting in the capital since the start of the uprising 16 months ago.

A ring of fierce clashes nearly encircled the heavily guarded capital as rebels seeking to overthrow President Bashar Assad pushed the civil war that has been building in Syria's impoverished provinces closer to the seat of power.

While the clashes were focused in a string of neighbourhoods in the city's southwest, for many of its four million people the violence brought scarcely close to home the strife

that has deeply scarred other Syrian cities.

In high-end downtown cafés frequented by the business and government elite tightly bound to the Assad regime, customers watched as black smoke billowed on the horizon and the boom of government shells reverberated in the distance.

"Without a doubt, this is all anyone is talking about today," a Damascus activist who gave his name as Noor Bitar said via Skype. "The sounds of war are clear throughout the city. They are bouncing off the buildings."

Syria's violence has grown increasingly bloody and chaotic in recent months as the uprising has morphed from a peaceful protest movement seeking political change into an armed insurgency seeking to topple the regime by force.

Anti-regime activists say more than 17,000 people have been killed, and the government says it has lost more than 4,000 security officers. It does not provide numbers of civilian dead.

International diplomacy has failed to stop the violence, and

**Rising toll
17,000**

Anti-regime activists say more than 17,000 people have been killed in the uprising since it first began 16 months ago.

world powers remain deeply divided over who is responsible and how to stop it.

The U.S. and many Western nations have called on Assad to leave power, while Russia, China and Iran have stood by the regime.

On Monday, Russian Foreign Minister Sergey Lavrov accused the West of using blackmail to secure a UN Security Council resolution that could allow the use of force in Syria.

He said Russia had been told that if it opposed the resolution, Western nations would not extend the mandate of a UN mission sent to Syria to monitor a ceasefire.

"We consider it to be an absolutely counterproductive and dangerous approach," Lavrov said. **THE ASSOCIATED PRESS**



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Study. YouTube now a major news platform

Changing media. TV news still dominates, but video-sharing site emerging as place to go in times of big events

A new study has found that YouTube has become a major platform for news, one where viewers are turning for eyewitness videos in times of major events and natural disasters.

The Pew Research Center's Project for Excellence in Journalism on Monday released its examination of 15 months of the most popular news videos on the Google Inc.-owned site.

It found that while viewership for TV news still easily outpaces those consuming news on YouTube, the video-sharing site is a growing digital environment where professional journalism mingles with citizen content.

"There's a new form of video journalism on this platform," said Amy Mitchell, deputy director of the Pew Research Center's Project for Excellence in Journalism.

"It's a form in which the relationship between news organizations and citizens is

Details

- More than a third of the most-watched videos came from citizens.
- More than half came from news organizations, but footage in those videos sometimes incorporated footage shot by YouTube users.

more dynamic and more multi-verse than we've seen in most other platforms before."

The Japanese earthquake and tsunami was the most-viewed news event during the length of the study, which spanned January 2011 to March 2012. The top videos from Japan included footage from surveillance cameras, a news network and a Japanese Coast Guard vessel — a typical variety of sources.

"One of the things that emerges here is the power of bearing witness as a part of a news-consumption process," said Mitchell. "Many of the most-viewed stories that we're looking at here have real powerful imagery around them."

THE ASSOCIATED PRESS



Ninety-year-old has more fun than you

Lester Slate, right, a 90-year-old from Exeter, Maine, sits on the ground after his first skydiving jump, made in tandem with instructor Matt Riendeau at a skydiving school in Pittsfield, Maine, on Sunday.

KEVIN BENNETT/BANGOR DAILY NEWS/THE ASSOCIATED PRESS

Alleged harassment

Judge's accuser grilled in court

A man who says he was sexually harassed by a Manitoba judge faced accusations Monday that he is no innocent victim, but rather someone who is interested in sexual dalliances and has a history of suing people.

Alexander Chapman was the first witness to testify at an inquiry into Lori Douglas, a Court of Queen's Bench justice whose sexually explicit photos wound up on a website after her husband posted them without her knowledge.

THE CANADIAN PRESS

B.C. woods

Filmmaker missing

RCMP in northern British Columbia are searching the woods for a documentary filmmaker from the United States.

Warren Sill from Ohio was filming a documentary on a group of black bears that inhabit the area. Sill said he would be gone four or five days, but his parents say they haven't spoken to him since July 4.

THE CANADIAN PRESS

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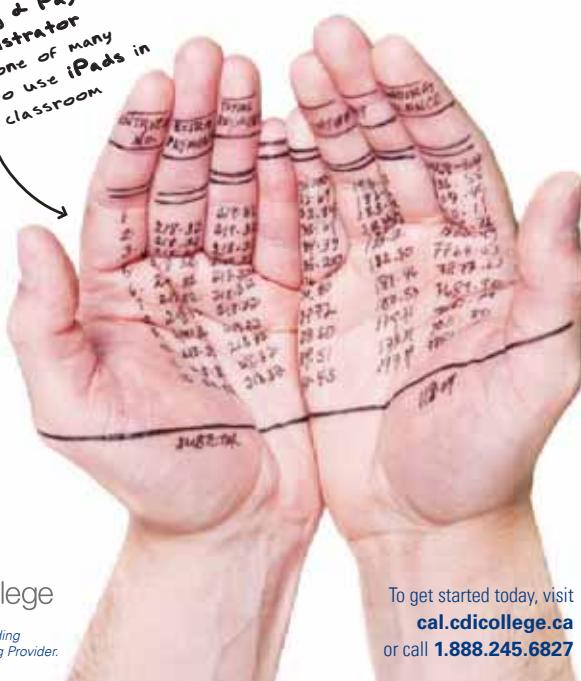
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U.S. tourists, guide kidnapped in Sinai are freed

Egypt. Two Americans, their guide unharmed by Bedouin kidnapper who was demanding the release of his uncle detained by police

Two American tourists and their Egyptian guide who were abducted by a Bedouin in Egypt's Sinai Peninsula last week were released unharmed on Monday after negotiations with security officials and tribal leaders.

Rev. Michel Louis, 61, and 39-year-old Lissa Alphonse, both Boston-area residents, had been kidnapped from a bus on Friday along with their guide, Haytham Ragab, on a Sinai road by a Bedouin who was demanding the release of his uncle, who had been detained

by Egyptian police on suspicion of drug possession.

The kidnapper, Jirmy Abu-Masuh, told AP that he had handed the three over to security officials near the northern Sinai city of el-Arish on Monday after he was promised that authorities were working on his uncle's release.

"We are a people of mercy and they don't have anything to do with this," Abu-Masuh said, referring to the Americans.

During their captivity, the three were kept at Abu-Masuh's home in the harsh mountain terrain of central Sinai, and given tea and food, including at one point a roast lamb, according to the guide, Ragab. "We were treated just like they treat their own," Ragab, 28, told AP by phone after their release. "But we were under emotional pressure. Life for the Bedouins is tough." **THE ASSOCIATED PRESS**

Hosni Mubarak, Egypt's ex-leader back in prison after cushy hospital stay

Ousted leader Hosni Mubarak returned to prison on Monday after weeks in a top-line military hospital, a security official said.

A prosecutor said the 84-year-old ex-president's health had improved from several weeks ago, when he was reportedly on the brink of death.

But others in Egypt see the move as an attempt to allay skepticism that officials sympathetic to Mubarak were exaggerating his health crisis to give the ex-president a more comfortable imprisonment.

Mubarak was sentenced to life in prison on June 2 for failing to stop the killing of hundreds of protesters during last year's uprising against his regime.

Days after he started serving his sentence incarcerated in the hospital of Cairo's Torah Prison, officials said his health deteriorated, he began slipping in and out of consciousness, and his heart stopped several times.

On June 20, Mubarak was



Mubarak **THE ASSOCIATED PRESS**

moved to one of the country's well-funded military-run hospitals located in Cairo's suburb of Maadi.

But early Monday, Egypt's official Middle East News Agency said Egypt's prosecutor general ordered that Mubarak be moved back to Torah Prison, where his sons and several of his ministers are held over various corruption charges.

THE ASSOCIATED PRESS

Alexandria

Building collapse kills 19 in Egypt

Egypt's Health Ministry says the death toll in the collapse of a building in the Mediterranean port city of Alexandria has risen to 19.

The ministry released the latest figures as rescue teams continued to search Monday for survivors buried under the rubble.

An 11-storey building in the poor Alexandria neighbourhood of al-Gomrok

collapsed late Saturday onto three adjacent buildings, reducing much of the structures to rubble.

Building collapses are not uncommon in Egypt, where shoddy construction is widespread in shantytowns, poor city neighbourhoods and rural areas.

With real estate at a premium in big cities like Alexandria and Cairo, developers seeking bigger profits frequently violate planning permits and exceed the number of stories allowed.

THE ASSOCIATED PRESS

Breakdown of security

The abduction illustrated a broader breakdown of security in the Sinai, a key destination in Egypt's vital tourism industry, where lawlessness has risen since last year's ouster of President Hosni Mubarak.

- Relations between the Bedouin and authorities have long been tumultuous, with Bedouin complaining of discrimination and abuses against them by security forces.

- This year has seen a string of kidnappings of tourists, usually by Bedouin trying to wrest concessions from authorities or the release of jailed relatives.



Boston residents Rev. Michel Louis and Lissa Alphonse were kidnapped with their Egyptian tour guide on a road in the Sinai Peninsula, Egypt, heading from Cairo to St. Catherine's Monastery, pictured. **PAOLA CROCIANI/THE ASSOCIATED PRESS**



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European Central Bank

Number of counterfeit euro bills drops

The European Central Bank says the number of counterfeit euro bills fell 15.2 per cent in the first six months of the year compared with the first half of 2011, with €20 and €50 notes

being the most commonly forged.

The Frankfurt-based bank said Monday that the two bills made up 77 per cent of the 251,000 counterfeit bills detected.

It says the overall number of counterfeit bills makes up a small fraction of the approximately 14.6 billion in circulation during the first six months.

THE ASSOCIATED PRESS



The €20, and €50 notes are the most commonly forged, the European Central Bank says. THE ASSOCIATED PRESS

Glitch

Skype says bug affected small number of users

Online calling service Skype is confirming a bug that has caused instant messages to be sent to the wrong contacts.

Skype, which is owned by Microsoft Corp., said in a statement Monday that only

a "small number of users" are affected. It called the bug a "rare occurrence" but did not go into details about what caused it or exactly how many people were affected.

Skype says it will send out a software update that fixes the problem in the next few days. The bug was first described in Skype's online support forums and reported in various technology blogs.

THE ASSOCIATED PRESS

Real estate. Canadian home resales drop in June

Canada's real-estate market is showing signs of cooling off, with national home sales and the average home price down year over year, indicators that have at least one senior economist wondering if the once red-hot market is entering a "Big Sleep."

The new data from the Canadian Real Estate Association follows several reports saying some real-estate markets and types of housing are overvalued, though there's a range of opinions about how much and how quickly prices will decline. That's left economists and consumers watching closely for signs that demand has softened to the point where prices will start going down.

On Monday, the CREA reported the number of previously owned homes sold last month dropped 4.4 per cent from June 2011, the first annual decline since April 2011.

Resales of homes were also down 1.3 per cent in June from May, with a total of 46,444 transactions through CREA members.

THE CANADIAN PRESS

Goldman Sachs downgrades Tim Hortons to 'sell'

Wall Street. Increasing pressure in competitive market forces investment firm to lower rating of coffee-and-doughnut chain

Tim Hortons has been downgraded to a "sell" rating at Goldman Sachs over concerns that moderation in same-store sales could be a harbinger of more pressure in the hyper-competitive cof-

Slow growth

"Tim Hortons derives over 95 per cent of its operating profit in Canada, and growth into new geographies is coming at a somewhat moderate pace."

Analyst Michael Kelter at the Wall Street investment firm Goldman Sachs

fee market.

A note from analyst Michael Kelter at the Wall Street investment firm says he is concerned about early indications of "impending Canadian saturation" that could reflect increased pressure.

"We see a five per cent downside in Tim Hortons shares versus a seven per cent average upside across the sector," he wrote.

He also expects the company might report a miss on same-store sales when it reports second-quarter earnings next month.

Earnings-per-share estimates were reduced to \$2.72 from \$2.77 for 2012, he said. Other reductions were made for 2013, with EPS down to \$3.06 from \$3.13, and to \$3.34 from \$3.48 in 2014.

The Canadian coffee market has faced a growing number of new entrants, including an expansion by Seattle coffee chain Starbucks and low-priced coffee and specialty drinks at McDonalds.

THE CANADIAN PRESS

WORD FOR TODAY

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Touch-based controls coming for Office

Microsoft CEO Steve Ballmer speaks at an event in San Francisco on Monday. He unveiled a new version of the company's widely used, lucrative suite of word-processing, spreadsheet and email programs, one designed specifically with tablet computers and Internet-based storage in mind. Like an upcoming redesign of Microsoft's Windows operating system, the new Office will respond to touch as well as commands delivered on a computer keyboard or mouse. The addition of touch-based controls will enable Office to extend its franchise into the rapidly growing tablet-computer market. Apple dominates that market with the iPad, though Microsoft has plans to compete with its own tablet, called Surface. JEFF CHIU/THE ASSOCIATED PRESS

Market Minute

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SHE
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Jessica Napier
metronews.ca/shesays

Facebook Groups have been updated to allow users to see who has viewed each post within the shared group.

Back in June, a similar "seen by" feature was added to Facebook's mobile-messaging service to let users keep track of when messages had been read. It's an annoyance for pretty much everyone who has ever had an awkward conversation on the Internet.

Some Facebook fans are concerned that these public tracking features are just a step towards a more transparent interface across the entire site, giving friends the ability to see who has clicked through photo albums, wall posts, tagged photos and other individual profile materials.

These recent updates may just be the beginning of some major changes that could eradicate our ability to browse the site anonymously.

Facebook fans are concerned that these public tracking features are just a step towards a more transparent interface across the entire site, giving friends the ability to see who has clicked through photo albums, wall posts, tagged photos and other individual profile materials. These recent updates may just be the beginning of some major changes that could eradicate our ability to browse the site anonymously.

Facebook has always been about connecting with your friends, but it has also had the underlying (and just as important) component of "creeping" through others' online activity without detection. More than likely, you don't really want everyone to know when you've spent hours looking at (and silently judging) your ex-boyfriend's tagged photos or cheesy wedding photo albums posted by long-lost high school friends. Any new features that track and report on your online activity will effectively ruin the guilty-pleasure aspect of the social networking site.

Facebook creeping has always been an ethical grey area, but users are happy to play along in the shared fantasy that we aren't cyber-stalking one another. And while the free service is something we voluntarily opt into, we tend to have a certain sense of entitlement when it comes to Facebook, a sort of naive sense of ownership over our online profiles. We're happy to relinquish all our juicy market-research details to third-party apps, but please don't take away our ability to lurk around the social network unseen."

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Anonymous observation has arguably been one of the most important factors in Facebook's mass appeal. And while it wasn't too good to be true, it might have been too good to last.

It will be interesting to see if the recent information-sharing changes will pave the way for a major site-wide overhaul. Will users accept the new rules and adapt their browsing behaviour, or simply move on to something new in the fickle world of social networking?

Follow Jessica Napier on Twitter @MetroSheSays

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Olympic horse is a-maize-ing



REX FEATURES

Olympic agriculture

Horse, rider seem to leap across field

Clearly one farmer is already reaping Olympic success. Graham Wadsworth, owner of Raines Hall Farm in England's picturesque Lake District, has created in a maize field the image of a giant horse and rider leaping over a jump in honour of Great Britain's equestrian team, which is highly favoured to win gold.

Every summer Wadsworth's farm becomes the Lakeland Maize Maze, welcoming more than 20,000 visitors. METRO



Graham Wadsworth, 41, is a farmer at Raines Hall Farm, Lake District, U.K. CONTRIBUTED

Maize maze: A how-to

- **How it was made:** "The pattern was first designed on a computer, then plotted using GPS. When using this technology, modern tractors can auto-steer and cut within an inch. I had a portable computer mounted on the tractor guiding me as I was carving out the design. You don't make a mistake using this sort of technology."

- **How it was done long ago:** "We drew the design on graph paper. After dividing it on the paper, we would cut the field square-by-square. In fact, the results could be better but it was more labour-intensive — it would take more than a week to complete."

which would relay information between a satellite and the moving tractor. It wasn't as accurate, and once, when the system batteries failed, one of the details of a design I was working on — the head of a llama — did not come out as I had planned!"

• **How it was done long ago:** "We drew the design on graph paper. After dividing it on the paper, we would cut the field square-by-square. In fact, the results could be better but it was more labour-intensive — it would take more than a week to complete."



Would you still creep if you knew the person you were creeping knew too?

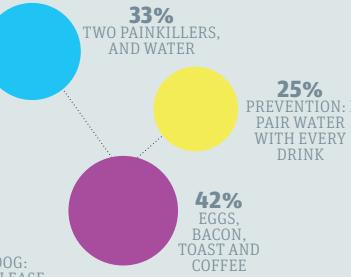
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@GoGobitGo:

Just asked if its the 9th; turns out I missed a whole week. Oh #Stampede, the things you do to us. #yyc #beer #fun

@J_ref:

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any sort of stampede clothing on the week following stampede = major Calgary fashion faux pas. #yyc

@srose15:

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@Frauhoward:

100 Stampede years = 100 Stampede Beers? Another great year! #stampede100

2

SCENE

Scene in brief

Judges disciplined over Lohan case

A California oversight panel has disciplined two Beverly Hills judges for their handling of a Lindsay Lohan drunken driving case. Documents obtained by the Los Angeles Times show Los Angeles County Judges Marsha Revel and Eileen Fox have been admonished by the state's Commission on Judicial Performance. The panel determined Revel improperly met alone with an attorney who wanted to take over Lohan's defence in the 2010 DUI case. Fox was found to have erred in denying the actress bail on a relatively minor charge and refusing to hear her attorney's arguments.

THE ASSOCIATED PRESS



! Entertainment Olympics plan has its own Kardashian connection

Marvel confirmed a movie version of *Guardians of the Galaxy* at Comic-Con. HANDOUT

DVD reviews

**The Three Stooges**

Director. Bobby Farrelly, Peter Farrelly

Stars. Sean Hayes, Chris Diamantopoulos, Will Sasso

••••

Easy to see why Bobby and Peter Farrelly wanted to make this irony-free homage to the second most revered clown troupe after the Marx Brothers, despite protests from Stooges fans. For all of their eye-poking and mallet-swinging antics, there was an innocence about the Stooges, who reigned from the Vaudeville '20s until the end of the Swinging '60s, with fitful revivals since. They were fools for the sake of being fools, too stunned to be snide or cynical. This benevolently anarchic spirit remains in *The Three Stooges*, which makes just two concessions to the modern era: a reality TV subplot involving *The Jersey Shore* cast and a tacked-on warning to kids that they should leave eye pokes and head bashes to the pros. After an hour of this nonsense, with more than a half hour still to go, you start to feel like a masochist watching three sadists. You see one nose hair being extracted by a hammer claw, you've seen 'em all.

PETER HOWELL

The ups and downs of Comic-Con 2012

Review. Our California writer looks at what this year's geek fest had to offer its fans — both bad and good

NED EHRBAR
Metro World News in Hollywood

Celebrities, artists, filmmakers and roughly 170,000 fans invaded San Diego for the annual pop culture Woodstock that is Comic-Con, where Hollywood rolled out teases and announcements for the next several years of film and TV properties over an exhausting four days. Most of the big reveals came in Hall H, the massive auditorium into which fans line up for days.

So, was it worth the wait?

Biggest hits:

Marvel Entertainment: Riding into Comic-Con high on the wave of *Avengers* success, the comic book publisher turned movie studio announced a slew of new films, including sequels to *Captain America* and *Thor*.

And then Robert Downey Jr. danced into the Hall, blurring the lines between himself and Tony Stark, to unveil footage from next year's *Iron Man 3*.

In non-*Avengers* news, Marvel executive Kevin Feige also confirmed a movie version of *Guardians of the Galaxy*, about an outer space-set team of mutants, aliens and a raccoon sworn to fight off interstellar threats.

Elysium: District 9 director Neill Blomkamp finally unveiled some of followup film, about a future in which the haves live it up on a space station while the have-nots toil on the dilapidated Earth below. Not only did Blomkamp stun the Hall H crowd with footage from the film, he also brought along Jodie Foster, a Comic-Con virgin and closet geek — Foster copped to being a huge *True Blood* fan.

Biggest misses:

The Host: While kicking off Comic-Con with a panel for the final *Twilight* film, the series' author, Stephenie Meyer snuck in a look at the film adaptation of her followup, *The Host*, directed by Andrew Niccol. The footage of the sci-fi story about

alien possession left fans scratching their heads — and some walking out before the screening had finished.

Django Unchained: While it was awfully cool of Quentin Tarantino to bring his revenge western starring Jamie Foxx and Christoph Waltz to Comic-Con — despite it not necessarily being normal Comic-Con fare — there are a few things he didn't do: He didn't show off much new material, instead opting to show a seven-minute "sizzle reel" that had screened for insiders at Cannes, and he didn't stick around to talk to the press after the Hall H panel. One thing he did do? Put a damper on plans for *Kill Bill: Vol. 3*. Not cool at all, Quentin.

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Batman could be in for a rough landing

Real-world testing.

Some physics students set out to discover the realities of Batman's cape-flying — here's what they learned

MICHELLE CASTILLO
Metro World News in New York

In Christopher Nolan's Dark Knight trilogy, Batman soars over Gotham City in a specially-made cape that can become rigid in mid-air. It's not the flight portion that has physics students crying foul: It's Batman's crash landing.

University of Leicester's David Marshall, Tom Hands, Ian Griffiths and Gareth Douglas proved that accord-

ing to the laws of physics, Batman would fatally collide into the ground not gracefully plant his boots. The students wrote the paper, which was published this year in the University of Leicester Journal of Special Physics Topics, as part of their fourth year Master of Physics program requirements.

"My group and I were fans of the Batman movies and we were interested in whether Batman's cape would work in reality," Marshall told to Metro World News by email. "We decided to do a theoretical study as we didn't think it would be safe to go jumping from tall buildings ourselves!"

According to their research, if Batman jumped from a 150-metre building with a cape with a wingspan

On the web

Who was the best Batman and what villains are worthy of our fear — or scorn? Metro delved deep into the cavernous world of the caped crusader to mark the release of *The Dark Knight Rises*, in theatres next week. Visit metronews.ca/features/the-dark-knight-rises.

of 4.7 metres — about half the size that is used as a hang glider — he could travel about 350 metres. His initial velocity would be around 110 kilometres per hour and decrease until he reached about 80 kilometres per hour upon impact with the ground, killing him.



If Batman tried to fly with his cape in real life, he'd probably die. HANDOUT

Despite disproving Batman's flight plans, Marshall is still excited to see the newest installment of the films,

Dark Knight Rises.

"I didn't do this research to be a killjoy, I love a bit of science fiction in any form,

and I hope my paper won't detract from anyone's enjoyment of the film," he said.

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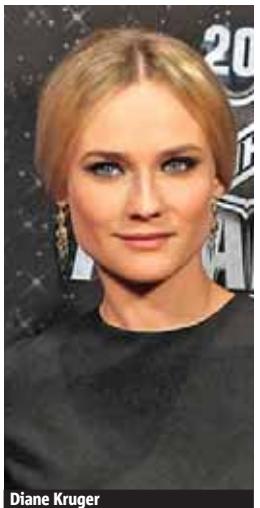
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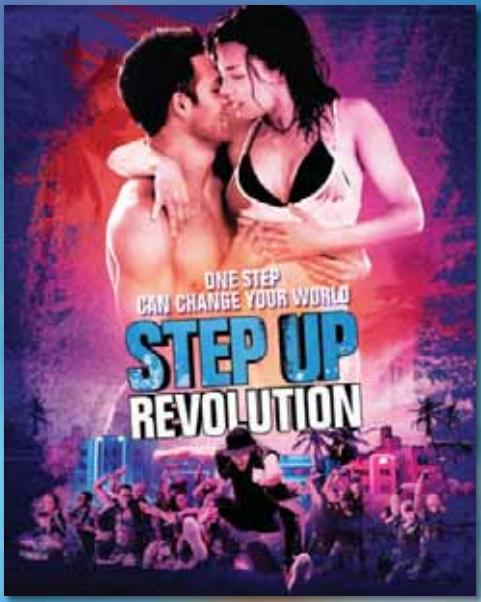
Tres romantique! Jackson and Kruger falling for France

Joshua Jackson and Diane Kruger are settling into life living in Paris, and they couldn't be happier, the Fringe star tells People magazine.

"The most romantic thing about Paris for me is just walking around and being immersed in the city," Jackson says.

"Because Diane has lived there for so long and we have an apartment there, the most romantic part of our day is waking up in our own neighborhood and going down to a cafe and just having breakfast — which is a really quotidian thing to do, but to do it in that city is pretty nice."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Who dumped who on Idol?

MONICA WEYMOUTH
scene@metronews.ca

When Jennifer Lopez and Steven Tyler announced they were leaving American Idol last week, both stars cited their busy, rewarding lives. How could they continue to judge a reality show when they had babies to take care of and devoted fans to entertain?

But there might be a much easier explanation here: money.

According to TheWrap.com, Lopez was actually let go when she asked for a \$2 million raise and Fox "surprised her" by declining to make a

counter offer. During an appearance on Monday's Good Morning America, the singer hinted that it wasn't exactly a tidy break.

"I love them, they love me, and it's hard when I feel like I should move on," she said of the split. "I don't know, I don't know if it's even done yet ... I know that I'm moving on."

As for Tyler — who, like Lopez, spent two seasons on the show — the network decided not to renew his contract as it looks to revamp the struggling show's format, a source tells TheWrap.

Sure it's embarrassing, but don't sweat it, guys. Most of us get fired over far less money and have never known the joy of giving Ryan Seacrest an exit wedgie.



getting used to.

"I wasn't expecting it to be such a big deal, because it was my idea," she tells Kelly Ripa during an interview. "I've now done backflips out of windows, I've jumped off buildings, and cutting my hair reduced me to, like, mental patient-level crying. I was inconsolable."

Twitter



@driverminnie



We are writing and performing a play in 24 hrs. We are in hour 18. I feel vaguely nauseous and wish now that I'd gone to university

@_julianne-moore



umm #theknicks the way things are going why not just have ME on the team. Old ladies are great point guards.

@AlbertBrooks



Breaking News: Romney promises to release more tax returns as soon as he can get the guy from Luxembourg on the phone.

@RyanSeacrest



Craving ice cream. Had to stop for a blizzard, butter finger Heath bar flavor.

Beach body pilates plan

Workout. Yogi David Romanelli tells us why it's time to switch off the devices and connect to you.

ROMINA MCGUINNESS
Metro World News

Do you go on holiday, taking a break from the hustle and bustle, but spend most of the time updating Facebook and sharing Instagram photos? New York based Yogi David Romanelli is worried for your soul. "Technology is just like sucking on a cigarette, it's just as addictive and bad for us," he tells Metro. "Gadgets

Quoted



"Let this be the moment when you have no desire to reach for a gadget."

David Romanelli
New York based Yogi



Is her BlackBerry is hidden under the mat? CONTRIBUTED

are a bad habit. We have less capacity to experience and remember memories using a machine than we do through our five senses."

Peel yourself away from technology, he recommends. To do so, Romanelli suggests setting aside one moment in the day (aside from sleep) and doing something completely disconnected from your usual routine.

"Take a Yoga or Pilates class and let this be a moment when you have no desire to reach out for a buzzing gadget," he says.

"Our mind is a spoiled brat that's used to having complete control over our body. It's important to stop thinking once in a while and tap into something within us that's more powerful than our thoughts, whatever that

is. This 'thing' doesn't have to be spiritual, it can also be emotional or physical."

At the start of the class, your mind will be kicking and screaming to take over your body but you have to get past that moment and be in the present, explains Romanelli. Yoga and Pilates are exercises that help you trigger sensations and get back in touch with your body.

"No app in the world can replace smell or touch or improve emotional connections," he adds.

So, even if it's just for a moment — stop functioning and get back into your body. Our beach Pilates sequence is the best way to start doing just that.

Cut out the exercises below and take them with you during your next break.

The workout

How to do the Beach Body Pilates Workout:

"This will tone all your trouble spots: bra bulge, triceps, hips, abs, waist, thighs and buttocks. You will stand taller, feel lighter and be leaner. Commit to this workout for up to 20 minutes, five days a week and within weeks you'll look amazing," says Metro's Pilates expert Kristin McGee.

As you go through each move, keep the six fundamentals of Pilates in mind: Centering, concentration, control, precision, breath and flow.

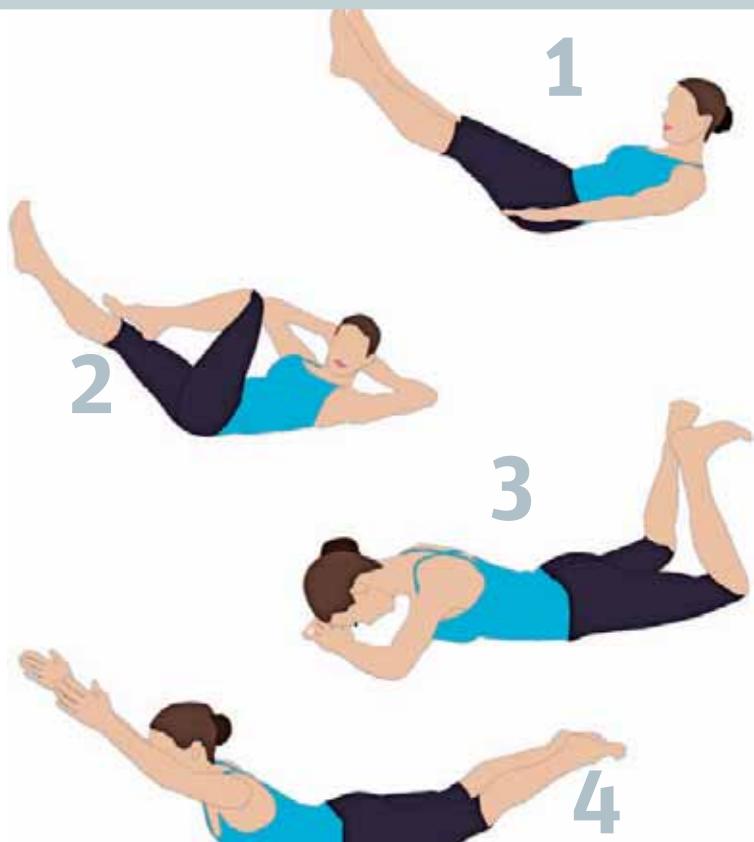
1. 100s:

Lying on your back with your entire spine pressing in to the mat, lift your legs up in the air to a tabletop position and engage your lower abdominals.

Stretch your arms forward as you lift your head and neck up off the mat. Gaze at your belly button and extend your legs out to a 45 degree angle.

Start pumping the arms up and down, breathing in for 5 pumps, and out for 5.

Reps: 10
Works: core, hips, buttocks, arms and thighs



2. Criss-cross

Keep your hands behind your head, elbows open to the side and bring your knees to a tabletop position. Lift your

head and neck up and cross your right elbow towards your left knee as you extend your right leg long 45 degrees.

Now switch, bringing the left elbow to the right knee as you extend the left leg. Make sure you keep your abs engaged and reach your elbow

outside of the bent knee.

Reps: 10
Works: core, inner and outer obliques, hips, shoulders arms and thighs

3. Ballerina butt lifts

Swing your legs around and lie down on your belly. Place your forehead in on top of your hands with your elbows wide to the side. Bend your knees and press the heels together, turning the toes out to the sides.

Engage your buttocks, hamstrings and lower back and press your heels up to the ceiling lifting your knees off the mat. Make sure your tailbone stays long and you keep your lower abdominals engaged to protect your lower back.

Reps: 12
Works: lower back, abs, hips, buttocks and hamstrings

4. Swan

Extend your legs long and reach your arms overhead. Engage your lower abdominals and back and lift everything up off the floor keeping your head in line with your spine. Imagine you are being pulled apart from end to end. Hold for 3 breaths and lower down.

Reps: 3
Works: the hamstrings, arms, lower back and butt

3
LIFE

Fitness pick

Slim line leggings

Celebrity trainer Tracy Anderson's slimming leggings are the perfect solution if you want to workout out looking and feeling your best. Inspired by her Metamorphosis workout program each model focuses on a specific problem area: the hips, glutes, thighs, or abs. Designed to tighten and tone (they nicely pull everything in) you'll never feel self conscious during a workout ever again. If Sofia Vergara wears them — and she's a walking bomb shell — then we should all follow suit. Get great legs: The Omnicentric leggings are designed for women that gain weight all over.

ROMINA MCGUINNESS/METRO

On the Web



Sports-related eye injuries not uncommon in summer sports but easily preventable

Dip your way to a delicious twist on traditional hummus

White Bean and Artichoke Hummus



This recipe serves eight. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
rosereisman.com

Although there are plenty others out there, this is a very

unique twist on traditional hummus! The addition of white beans and artichoke hearts is outstanding.

1. Combine the beans, artichokes, tahini, olive oil, lemon juice, garlic, cumin, salt

and pepper in the bowl of a food processor. Purée until smooth.

2. Add the chopped cilantro and stir to combine

ROSE REISMAN'S FAMILY FAVORITES
(WHITECAP BOOKS)

Ingredients

- 1 cup canned white kidney beans, drained and rinsed
- 4 canned artichoke hearts, drained and chopped
- 2 tbsp tahini
- 1 1/2 tbsp olive oil
- 2 tbsp lemon juice
- 1 1/2 tsp finely chopped garlic
- 1/4 tsp ground cumin
- pinch of salt and freshly ground black pepper
- 1/4 cup chopped cilantro

Nutritional analysis

How does this dip stack up nutritionally per serving?

- Calories. 79
- Protein. 2 g
- Carbohydrates. 6 g
- Fibre. 1.7 g
- Total fat. 5 g

Cool down your meal with a Chilled Mint Soup to start

1. Using a vegetable peeler, peel skin off cucumbers. Cut cucumbers in half lengthwise. Using a teaspoon, scrape out all the seeds in the centre. Discard seeds and skin. Cut cucumbers into chunks.

2. In a blender, in batches if necessary, combine cucumbers, apples, ginger and mint leaves and puree until smooth. If necessary, stop blender to scrape down ingredients from sides of blender.

3. Add yogurt and cream and puree until soup is homogenized. Add lemon juice and salt and puree to mix.



This recipe serves six. THE CANADIAN PRESS H/O

4. Pour into a bowl, cover and refrigerate for at least 2 hours until chilled. Prior to serving, chill 6 serving bowls in the fridge.

5. Stir soup to blend. Pour soup into chilled bowls and sprinkle sliced green onions over top of each serving. **THE CANADIAN PRESS / DAIRY FARMERS OF CANADA**

Ingredients

- 2 English cucumbers (each about 375 g/12 oz)
- 2 Granny Smith apples or other tart apples, cut into chunks
- 15 ml (1 tbsp) finely chopped peeled ginger root
- 20 fresh mint leaves
- 500 ml (2 cups) plain 2 per cent yogurt
- 125 ml (1/2 cup) 35 per cent whipping cream
- 15 ml (1 tbsp) lemon juice
- 5 ml (1 tsp) salt
- Garnish
- 50 ml (1/4 cup) thinly sliced onions

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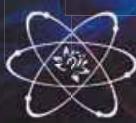
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Sweet Potato

Mashed. No skin. Delicious as is but a drop of balsamic vinaigrette can't hurt.

Total: 11 grams of fibre

Baked Potato

The secret is: You have to eat the skin. Try not to undo all your good work with too much sour cream.

Total: 28 grams of fibre

Avocado (1/4 raw)

Here is your cheat sheet of the veggies that get you much closer to the fibre finishing line.

Total: 17 grams of fibre

Collard Greens

The powerhouse of the south, these huge, dark green elephant ear leaves need a chop and a quick simmer to render them soft enough to eat. Salt, pepper, butter and enjoy.

Total: 10 grams of fibre

All amounts are per 1/2 cup cooked unless noted.



Spinach

You know your massive spinach and strawberry salad? Cook it down with a drizzle of olive oil. It's easier to eat the required amount and renders the

TERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Cherry Bruschetta. A delightful pre-dinner snack with cocktails



1. Heat oven to 190 C (375 F).

2. Trim crusts from bread and discard. Using a rolling pin, roll bread really thinly. Cut each slice into quarters. Lightly oil a 12-cup mini-muffin pan. Press a bread square into each muffin cup.

Brush bread with half the oil. Bake until deep golden, 15 to 20 minutes depending on the pan. Repeat with remaining bread squares. Let cool completely on a rack. These can be made up to a week in advance and stored in an airtight container.

3. Pit cherries, then coarsely chop. Place in a bowl. Finely grate lime peel over cherries, then squeeze 10 ml (2 tsp) lime juice over top. Stir in remaining oil, garlic and jalapeno. Just before serving, toss with mint, green onion and salt.

Ingredients

- 6 slices white sandwich bread
- 10 ml (2 tsp) olive oil, plus extra to oil pan
- Savoury Cherry Topping**
- 250 g (1/2 lb) fresh cherries
- 1 lime
- 10 ml (2 tsp) olive oil, divided
- 1 large garlic clove, minced
- 1 small jalapeno pepper, minced
- 30 to 45 ml (2 to 3 tbsp) sliced fresh mint or basil
- 1 green onion, thinly sliced
- 1 ml (1/4 tsp) salt
- Mint sprigs, for garnish

A choice between love or career



Workplace love stories, like the one seen in *The Office*, may seem enticing, but in reality it can be a very different story. HANDOUT

Dating at work.

Office romances can be a tricky endeavor, which could potentially hurt your career

PHOEBE
HO
For Metro

Besides providing comic relief and a heartwarming love story, the hit American show

The Office is also a great guidebook for office couples, according to a branding expert.

Watching the show's office couple Jim and Pam gang up on their arch enemy Dwight is a hoot on TV, but in reality alienating co-workers is just one of the many issues inter-office romances stir up, says branding expert Nancy Shenker and author of *Don't Hook Up with the Dude in the Next Cube*.

"The Office is a great example of both good and bad, the goods were that they met, they married, they fell in

love, they lived happily ever after, but the bads are that it does alienate them in some ways from the rest of the people in the office," she says.

And that's just one of the many problems with office dating, she says. In many cases, when relationships don't work out, it strains the work relationship and makes it "perpetually awkward" for both the couple and those around them.

"Whenever human emotions come into play, it gets really dicey and that happens with same sex relationships as well," says Shenker, who

has years of experience as a boss.

With about 38 per cent of workers admitting to dating a co-worker at least once in their career in a 2011 survey by CareerBuilder, Shenker says it's virtually impossible to stop office romance from happening — with or without an office dating policy.

But she warns that inter-office romances are complicated, and could potentially hurt your career and/or impact your professional reputation.

As a boss, Shenker's first concern about office romance

is its potential impact on productivity and confidentiality issues.

For the career-driven, a thoughtless office romance could put a damper on one's professional aspirations. From a personal branding point of view, Shenker says dating a co-worker, or worse, an employee, shows a lack of self-control.

"Once you get to a certain level in the business food chain, you have a level of accountability and responsibility that really should take precedence over your human urges," she says. "It would make me question their professional judgment."

But there are exceptions

to every rule. Shenker says for those who do find their soul mate at work, they need to tread carefully, "Do it with your eyes wide open," and set up ground rules.

And if true love surpasses hierachal positions, then one person should think of leaving the company to avoid feelings of favouritism amongst coworkers.

Ultimately, it's a choice between love or career.

"If it really is your true love, then yes, it's totally worth it, cause you can always get another job, but you can't always find another soul mate," says Shenker. "That's the romantic in me speaking."

Family vacation

Planning is key for road trips with the kids

CHARLES
THE BUTLER
askcharlesthebutler@
metronews.ca
For more, visit
charlesmacpherson.com

With the summer in full swing, my husband this year has decided that the

entire family (me (his wife) and our three kids) should go on a car trip. Now as romantic and poetic as that may sound, I can't imagine anything worse! This sounds like pure torture. So what should I do? Help!

Have you talked to your husband about your feelings? Don't be afraid to respectfully, but sincerely, voice what has you so stressed. Now if you both agree to still

do this car trip, plan for it in advance.

1. Have a driving route predetermined.
2. Decide what you think is a reasonable amount of driving per day that all of you can handle being in the car and yet not killing each other.
3. Plan on snacks, meals and distractions for the kids while driving.
4. If possible, pre-book hotels so that you're not

looking for a place to sleep; if the hotel has a pool or kid distractions, all the better.

5. Don't feel like you have to drive all day long — maybe on some days you only drive three or four hours with a fun stop like an amusement park, shopping mall, hotel pool, etc.

6. Relax and come up with a plan to deal with the car music, and lastly, I strongly believe some quiet time is always enjoyable!

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Getting hitched? Consider a pre-nup

What's at stake. A pre-nup makes sense for Canadians getting married later in life who have accumulated assets and debt



YOUR
MONEY
Alison Griffiths
money@metronews.ca

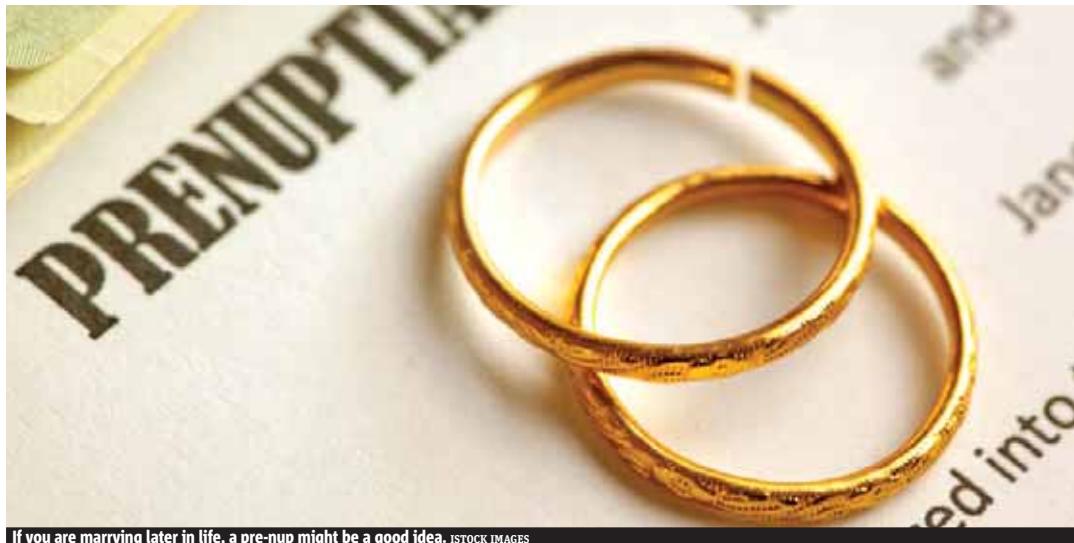
Two years ago my husband and I purchased property in Florida, taking advantage of depressed prices, the strong loonie and low interest rates.

The day before flying south to close, our lawyer called and told us the deal might be on the rocks.

Turns out the seller's ex (they were married less than three months) refused to sign

More info

Visit boomerandecho.com/is-a-pre-nup-really-necessary/ for more pre-nup information.



If you are marrying later in life, a pre-nup might be a good idea. ISTOCK IMAGES

off on his share of the property. Though the woman had bought it years before they got married, Florida law supported his matrimonial rights to the small farm.

We did end up closing the deal, but had the seller insisted on a pre-nuptial agreement waiving hubby-to-be's

property rights, the problem would have been avoided.

Pre-nups make sense because Canadians are getting hitched much later in life.

In 1972 the average age at first marriage was 22.5 years for women and 24.9 for men, according to Human Resources and Skills Development

Canada. By 2008 first-time brides were 29.1 years old and grooms just over 31.

Those who marry at an older age usually have accumulated significantly more assets and/or debt than those who are younger.

For this group there is a lot at stake, especially when you

consider that 40 per cent of all marriages end in divorce.

If you are marrying later, a pre-nup might be a good idea. Such agreements are fairly common for second and third marriages, but first-timers often feel squeamish talking about money, let alone a pre-nup.

Do you need a pre-nup?

Four areas of concern:

- **Business.** If you own one, especially if you have a partner, excluding it from community property could make sense.

- **Inheritance.** Especially if there are children, consider segregating all or a portion.

- **Education.** Frequently one person delays their training or education to support the one who is studying. A pre-nup can even out income post-divorce or pay for the supporting spouse to pursue their studies.

- **Debt.** Nothing could be worse than having to share a soon-to-be-ex's big load of debt. In a pre-nup, you can state which debts are to be shared and which are individual responsibilities.

The cost of summertime fun: Zilch, zero, nada



FUN AND
FRUGAL
Leslie Scorgie
money@metronews.ca

I spent last Sunday afternoon watching my best friend compete in horse jumping at Spruce Meadows, a world-class equestrian facility just south of Calgary.

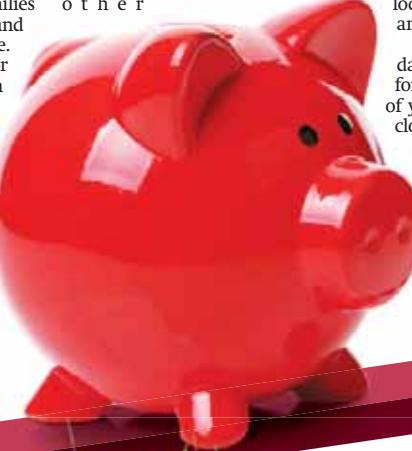
The weather was beautiful, the competition lively and the laughter infectious as families and friends picnicked and shared the experience. Amazingly, the cost for those attending was zilch ... zero ... nada! That's my kind of activity.

Check out what's happening in your city by looking online at community websites and newsletters. Many festivals, sporting events, plays, lakes and outdoor parks are free to attend. Plan picnics, hike, bike and take advantage of recreational passes to pools and other city-run amenities. Host friends

and family at a pot-luck barbecue and game night.

If you have a family, enroll your children in free literacy programs at your local library. Having worked at the public library for four years while going to school, I can vouch for these programs, which often include face-painting, arts, crafts, reading, plays, movies and the occasional outdoor excursion.

Use Groupon.com or o t h e r



Fun for less

Many festivals, sporting events, plays and parks are free to use. Plan picnics, hike, bike and use passes to pools and other city amenities.

coupons to buy discounted family passes to movies, local museums, the zoo and amusement parks.

Rethink your holiday. If flying to London for the Olympics is out of your budget, vacation closer to home.

Keep on the lookout for last-minute deals like Westjet's Blue Tag events or use websites like Hotwire.com. Look through your account statements to see



Plan a picnic or host a potluck or BBQ at a local park. ISTOCK IMAGES

where you've collected loyalty points. Cash your points in for free flights, car rentals, train tickets and accommodations.

Get your car tuned up and hit

accommodations are less expensive, such as a bed and breakfast or campground.

Better yet, stay with family and friends or swap your house through a website like houseexchange.com or homelink.org.

Alternatively, save your travel for the off-season and enjoy the summer weather right here at home. You'll benefit from reduced rates on just about every aspect of your travel.

Last April, following Spring Break, my cousin and I went to Maui for \$1,000 per person, which included taxes, flight and hotel. If we'd traveled just one week prior (high season), we would have spent nearly \$3,000 per person for the exact same trip.

FOLLOW LESLEY ON TWITTER
@LESLEYSCORGIE



Financial Basics is an interactive workshop that covers key aspects of money management. ISTOCK IMAGES

Teaching financial basics to kids has never been easier

Many parents want their children to learn the principles of sound money management so they can make the best financial decisions later on.

But parents don't always have the knowledge they need to guide their children. So parents will be happy to learn that there are tools available to help their kids learn the basics of personal finance.

Financial Basics is an interactive, hands-on workshop developed by the Financial Consumer Agency of Canada (@FCACan), in collaboration with the Investor Education Fund of Ontario and journalist and author Ellen Roseman.

Its objective content is provided at no cost and deals with expenses, credit debt management, saving, investments and fraud prevention.

The workshop covers

all key aspects of personal money management.

Designed by subject matter experts, this basic, easy-to-use workshop can also be used by post-secondary educational institutions, community organizations and employers.

Financial Basics includes comprehensive and varied workshop materials (for example, participants' handbooks and slides), making the content easy to teach and

tailor for different audiences.

Financial Basics workshop

materials can be downloaded or ordered at no cost from itpaystoknow.gc.ca.
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THINKING AHEAD

TIME TO REVIEW LAST YEAR, GET A JUMP ON NEXT

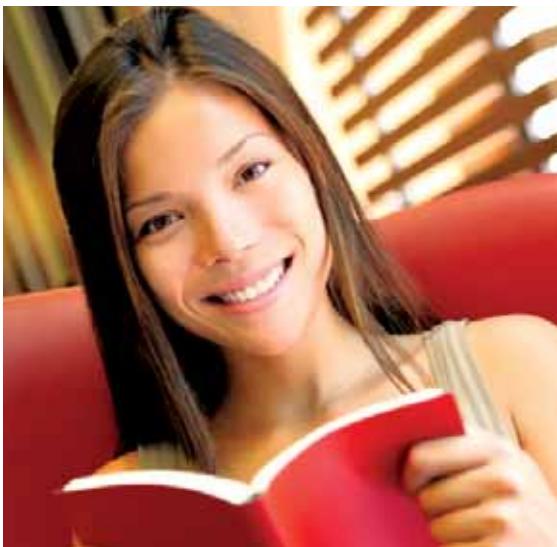
Summer break offers a great chance to catch up on last year's university and college reading and to get ahead of the game come September.

Todd Pettigrew, an associate professor of English at Cape Breton University, says reading ahead "saved his life" when he was doing his PhD.

"If you read it just because you feel like reading it, it's often a way to remind yourself that this is an interesting work of literature," he says. "One of the joys of summer for me has always been trying to carve out time to sit and read for pleasure."

First, catch up on last year's unfinished business. Second, get a start on next year's books.

Pettigrew says you can select books for



ISTOCKPHOTO/THINKSTOCK

double duty. For example, if you will be studying Russian literature and European history, Tolstoy's War and Peace will teach you about Napoleon's foolish attempt to take Moscow via one of the all-time greatest novels.

If you have beastly books like James Joyce's Ulysses on your list, Pettigrew advises you to "go and live there for a while," rather than focusing on finishing the novel.

Meg Martin, co-ordinator of orientation at the University of Calgary, urges students to check out old syllabi to see what has been taught in past years. If the text list is

set, buy your books early and familiarize yourself with the material. If you are studying something like first-year chemistry, review your high school texts to brush up on the basic information.

You can also learn core skills during the summer that you might not have time for when school starts. "It can be a great time to look up things like how to use citation systems. That's a really fundamental skill," Martin says.

U of C has a summer program called Common Reading. Each year the university selects one book and invites everyone

on campus to read it.

"It's community building on the one side, and on the other side it's meant to help orient students to the academic expectations of university," Martin says.

The book is usually academic and of broad interest in a range of disciplines. The book this year is *Bitter Medicine: A Graphic Memoir of Mental Illness* by Clem Martini and Olivier Martini. The book works into the curriculums across the university; those who compose the best reflection win free textbooks and dinner with the authors.

—Jon Tattrie



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BUGGING OUT OVER NATURE AND SCIENCE

ST. MARY'S UNIVERSITY COLLEGE PROFESSOR GETS INTERACTIVE AND CREATIVE

For Dr. Mary Ann McLean, nature is her classroom.

The St. Mary's University College biology professor would rather have her students out getting dirty than hung up in a lab all day, so she conducts classes at Fish Creek Provincial Park whenever possible.

"At St. Mary's, I love coming up with creative and interesting ways to get the students really excited about the natural world," McLean says.

"And here, because of the small class sizes, we can do labs that wouldn't be possible at larger institutions."

McLean was an undergraduate student at the University of Guelph when she truly discovered her love for science and it has

since become a passion she wishes to pass on to her students.

"It is amazing the number of microscopic creatures living in the soil. I was hooked after seeing videos of them moving around and eating each other," McLean says.

"The astonishing thing is that even microscopic animals have behaviours."

In 2009, McLean was a part of the team of science professors to launch Discovering Science, a unique science outreach program for junior high school students.

"We hope to turn junior high students on to science while they can still change their minds about high school and university course choices," McLean says.

"Eventually, we'd love to see them as students here at St. Mary's in one of our bachelor of arts degree or science transfer programs."

For more information about the science programs available at St. Mary's, visit stmu.ca.

—Candice Ward,
with files from
St. Mary's University College

COLUMBIA CARES WITH ITS NURSES

A career as a practical nurse is a career that makes a difference.

At Columbia College, you can train to be a practical nurse in just two short years, through its practical nurse program.

"Our practical nurse program facilitates learning that enables a student to provide quality nursing care," says Valerie Oliver, chair, health care programs at Columbia College.

"The student participates in classroom instruction, skills laboratory and practicum in continuing care, acute care and a specialty setting."

The program is full time and is about 16 months in length.

Students will learn to perform nursing assessments, provide nursing care and implement prescribed medical treatments.

"He/she also participates in a professional experience in the workplace where they are guided in the transition from a student to a graduate practical nurse," Oliver says.

Graduates of this program can go on to work in a variety of settings, including;



COLUMBIA COLLEGE PHOTO

acute care centres, continuing care facilities, assisted living facilities, doctors' offices, and in the community providing home care.

"This program is designed to give students practical nursing theory and clinical experience in continuing care, acute care, a specialty such as maternal, child care and community care," Oliver says.

"Students have access to experienced facilitators who are experts in their field, access to tutoring, and learning support services."

There are three intakes per year and the next intake for the practical nurse program is Aug. 20.

For more information about the practical nurse program at Columbia, visitcolumbia.ab.ca.

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www.academyoflearning.ab.ca



ACADEMY OF LEARNING GIVES YOU A HEAD START

With beautiful summer weather and festivals in most people's immediate plans, it is not too early to start thinking about going back to school.

At Academy of Learning, starting now could mean you could be in a new career by next summer.

"A student who started in July with us would be finished before next summer, while the student who starts in September at the other college wouldn't be finished until spring of 2014," says Brady Sylvester, admissions adviser for Academy of Learning.

At Academy of Learning, a one-year program is equivalent to a normal two-year program at a semester-based college.

"Most Academy of Learning programs start new students every week," Sylvester says.

"People who feel their options are limited to September start dates should understand that they can begin their career training right away, and they will have a head start on their competition."

Academy of Learning is a business and career college that offers diplomas in a number of fields in less than a year.



ISTOCKPHOTO/THINKSTOCK

With their finger on the pulse of the labour market, Academy of Learning offers students opportunities to work towards careers where skilled employees are wanted.

They offer career training in the main areas of health care, office administration, accounting, IT, and web design.

By offering enrolment each week, year round, students will not have to wait until the next semester or worry about waiting lists.

For more information about the health care aide program available at Academy of Learning, visit academyoflearning.ab.ca.



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4 SPORTS

Quoted

"It's exciting to come back to a ballpark I've known as home for a long time. It's exciting to face some of my teammates that I've only faced in live (batting practice)."

Chicago third baseman Kevin Youkilis on Monday, upon returning to Boston for the first time since being traded by the Red Sox to the White Sox on June 24. He didn't want to talk about his relationship with Boston manager Bobby Valentine. In April, Valentine questioned Youkilis's commitment in his weekly television interview and then apologized to him a day later.

"I don't understand why this is a big rift. I'm just here to play baseball and things will happen. There's no Bobby V. versus Kevin Youkilis or vice-versa. It's the Chicago White Sox against the Boston Red Sox and just playing baseball."

Kevin Youkilis

Mobile sports



A few months ago, Jeremy Lin was the hottest sports story in North America after arriving out of nowhere to give an injury-ravaged New York Knicks club a huge mid-season boost. Now the Knicks must choose between putting up big bucks to re-sign the popular point guard or watch him leave for Houston. Scan the code for the story.

NHL. Green remains a Capital after 'long process'



Mike Green re-signed with the Capitals on Monday. GETTY IMAGES FILE

The Washington Capitals didn't wait long to make Mike Green a better offer.

The Capitals signed the defenceman to a \$18.25-million US, three-year contract on Monday. The move comes a day after Green rejected a \$5-million, one-year qualifying offer from Washington and became a restricted free agent.

Green will earn \$6 million in 2012-13 and 2013-14 and \$6.25 million in 2014-15 after playing just 81 games over the last two injury-plagued seasons.

"It's been a long process," Green said in a conference

Quoted

"It was unfortunate the last couple of years that I've suffered through some injuries, but I believe that I'm over them. I think I've got them all out of my system."

Mike Green

call. "Negotiations started early in the year then obviously with the setback of the injury we were going to wait. And then wait after the playoffs, then after the draft,

then after free agency, so it's been pushed back."

The 26-year-old Calgary native has seen his production drop over the last two limited seasons. He played just 32 games in 2011-12 due to a groin injury and had three goals and four assists.

The Capitals are gambling Green can get healthy and return to his previous form, which saw him break the 70-point plateau in the 2008-09 and 2009-10 seasons. He has reached double digits in goals three times, including a 31-goal season in 2008-09.

THE CANADIAN PRESS

Sports in pictures



1 MLB. Reds' Votto out for up to a month

Reds first baseman Joey Votto will have surgery to repair torn cartilage in his left knee, sidelining him for three to four weeks.

The 2010 National League MVP hurt the knee in late June but kept playing. He had a medical exam Monday evening that detected the injury.

THE ASSOCIATED PRESS

2 CFL. Als take care of head coach Trestman

Marc Trestman looks to be settling in for a long stay as head coach of the Montreal Alouettes.

Owner Bob Wetenhall announced Monday that Trestman's contract, which was due to expire at the end of this season, has been extended by four years.

THE CANADIAN PRESS



Jose Bautista grabs his wrist in pain during the eighth inning Monday in New York. SETH WENIG/THE ASSOCIATED PRESS

Monday's game

6	3
Yankees	Blue Jays

Before Monday night's game at Yankee Stadium, Toronto Blue Jays manager John Farrell made a point of gathering his team together to impress upon them the importance of this six-game road trip through New York and Boston.

It wasn't a rallying cry, Farrell said. Not even a speech.

But his message was clear: This week's games have the potential to define their season.

"Not only who we are, but what we're capable of."

Farrell's challenge to his charges has taken on a whole new meaning after their best player, Jose Bautista, left Monday's game in the eighth inning with an injury to his left wrist.

Fortunately for the Blue Jays, X-rays proved to be negative and early diagnosis indicated a tendon issue. Bautista will have an MRI on Tuesday.

Bautista appeared to be in considerable pain, crumpling to the ground and clutching his left wrist after pulling a David Robertson pitch foul.

Monday night was the first of 16 games the Jays will play against the first-place Yankees and 44 games against AL East rivals before the season ends.

The Yankees beat the Jays 6-3 on the back of an eighth-inning grand slam by Raul Ibanez, the 10th of his career.

The Jays had come from behind to tie the game 2-2 in the sixth inning, with Bautista scoring all the way from first base on an Edwin Encarnacion double.

TORSTAR NEWS SERVICE



Pierrick Fedrigo THE ASSOCIATED PRESS

Tour de France

Fedrigo wins 15th stage on home turf

Pierrick Fedrigo of France won Monday's 15th stage of the Tour de France by leading a two-man final breakaway, while Bradley Wiggins kept the overall lead as he stayed with his rivals in the main pack far behind.

THE ASSOCIATED PRESS

Tennis

Federer reigns with most weeks as top ATP player

Roger Federer surpassed Pete Sampras on Monday to set the record for the most weeks at No. 1 in the ATP rankings.

After winning Wimbledon a week ago, Federer returned to the top for

the first time since June 2010. Monday marked his 287th week at No. 1, one more than Sampras.

The 17-time Grand Slam champion also tied Sampras's record of seven Wimbledon titles.

Federer first became No. 1 in 2004.

He spent 237 consecutive weeks at No. 1 from February 2004 to August 2008.

THE ASSOCIATED PRESS

3 NBA. Heat taking their talents to China

The NBA champion Miami Heat will play two pre-season games against the Los Angeles Clippers in China this fall.

The teams will meet Oct. 11 in Beijing and Oct. 14 in Shanghai.

THE ASSOCIATED PRESS

Van Beilen riding wave of momentum to London

Swimming. Oakville teen believing in her ability after strong showing at Olympic trials in Montreal

When Tera Van Beilen was nine years old, she did what most nine-year-olds do when left to their own devices.

Nothing.

Oakville's Van Beilen was a hyperactive, sporadically sporty kid, but her parents thought she could use some athletic direction.

"I was sort of going through a chubby phase," Van Beilen says, chin tucked in to her chest and smiling shyly.

They took Tera to a local club for swimming lessons, half-hoping she'd like it. She was the family's most enthusiastic user of the backyard pool.

This wasn't a Eureka moment. Tera liked swimming enough to make it a regular thing.

But through grade school it remained a hobby and a physical outlet, rather than an obsession.

Today, Van Beilen, a distinctly un-chubby 18-year-old, is headed to the London Olympics, a surprise medal contender in the 100-metre and 200-metre breaststroke.

Genetics must have something to do with this. Her uncle, Wayne Van Dorp, played for the Blackhawks and the Penguins. Her cousin, Joel Reinders, is an offensive tackle with the New York Giants.

"He's the one protecting Eli Manning. Or is it Peyton Manning? I'm not sure. One of the

Time of her life

At the Olympic trials in Montreal in March, Van Beilen qualified for the 100-metre, placing second, a mild surprise.

• But in the 200-metre final, she pushed third-place finisher and current world record holder Annamay Pierse off Canada's Olympic team. Her time of 2:24.03 was, at that point, the second-fastest time in the world this year.

Mannings," Van Beilen said.

Like her gargantuan cousin, Van Beilen's progression is proof to parents everywhere that a child can master a sport without sacrificing every other thing it means to be a child.

"They let me have swimming and still have school. I had both worlds," Van Beilen says.

Right into high school, Van Beilen played other sports. It wasn't until age 15 that she made swimming her focus.

A great many athletic stories — both amateur and pro — start precociously early and are filled with nothing from then on but practice and competition. In an extreme example, 10-year-old Alexander Ovechkin played in a hockey tournament the day after his brother died.

Van Beilen went to a regular school — Oakville's Kings Christian Collegiate — rather than a sporting academy. On Friday nights, she watched Say Yes to the Dress with her mom. She went out with friends on Saturdays. She at-



Tera Van Beilen, seen here at her family home in Oakville, Ont., will swim the 100 and 200 breaststroke events in London. STEVE RUSSELL/TORSTAR NEWS SERVICE

tended the birthright of all typical teens — the prom.

Even after swimming became her job, she treated it like one — a Monday-to-Friday thing. However, it was an exhausting Monday-to-Friday thing.

She was cut a few breaks

at school. Teachers would occasionally let her go out to her car and sleep through a class. Her mother, Sharon, an administrator at the school, set up a quiet room for Van Beilen to nap through her spares.

She graduated last year.
TORSTAR NEWS SERVICE

Record arrivals

Heathrow Airport has its busiest day

The opening ceremony is still 11 days away, but for many in London, the Olympics really got started Monday.

Heathrow Airport had its busiest day ever as thousands of athletes — from Dutch beach-volleyball players to South Korean gymnasts — landed with their javelins, bicycles and sails, and moved smoothly through customs.

Motorists grappled with new traffic lanes painted with the Olympic rings and reserved for only official vehicles and dignitaries. At least one American athlete tweeted that his bus got lost on the way from Heathrow.

Smart-looking sailors

guarded the gates to Olympic Park, looking so cheerful that visitors would never guess they had been pulled off leave only a few days ago to fill an embarrassing security gap when a private contractor failed to provide enough personnel.

And as the Olympic flame made its way beside the seaside in the resort of Brighton, organizers revealed plans for its arrival later this week in London. How's this for an entrance: A Royal Marine carrying the torch will slide down a rope from a helicopter into the Tower of London.

There was a feeling of Olympian scale at Heathrow — the airport was handling some 236,955 arrivals and departures Monday, breaking the record of 233,562, set on July 31, 2011. THE ASSOCIATED PRESS

Host effect. U.S. study predicts Britain could win 62 Olympic medals

A U.S. study has predicted that Britain will easily beat its goal of winning at least 48 medals, including 25 golds, at the London Olympics.

The Tuck School of Business at Dartmouth released a study Monday, which calculated that competing on home turf could be worth an additional 15 medals for the British team over the 47 it won at the 2008 Beijing Olympics.

The study's predictions of a possible 62 British medals — giving the host nation the fourth-highest overall medal prediction — are in line with bets being offered by London's usually savvy bookmakers.

Even better for the British

By the numbers

542

The biggest delegation at the London Olympics will be in red, white and blue. The Union Jack variety, though. The United States will only have the second-biggest squad in London, with 530 competitors, while the British will have 542 athletes.

athletes. Tuck underestimated the U.K. medal total in 2000, 2004 and 2008. If that trend continues, the medal haul could be higher this year.

The study predicts the U.S. will get 103 medals, followed by China with 94 and Russia with 67. THE ASSOCIATED PRESS

Expectations tempered for Canadian track-and-field

The Canadian Olympic Committee has set a goal of finishing among the top 12 countries in the overall medal standings at this summer's London Games. Here's a look at the Canadian track-and-field team's medal potential.

Past results

Priscilla Lopes-Schliep won bronze in the 100-metre hurdles for the country's lone medal in Beijing and Canada's first in Olympic track-and-field since the 1996 Atlanta Games. The Whitby, Ont., hurdler would have been one of Canada's top hopes in London, but in a stunning upset at the Olympic trials, she stumbled on a hurdle and didn't make the team. Athletics Canada head coach Alex Gardiner says the team is still gunning for two to three medals,

but the absence of Lopes-Schliep makes one medal more realistic.



Dylan Armstrong, Kamloops, B.C.

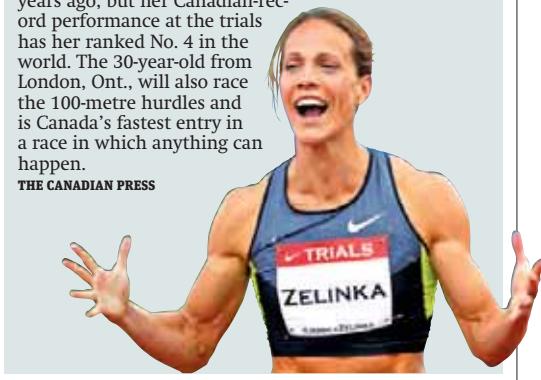
He's been on the rise since missing a shot-put medal by less than a centimetre at the Beijing Games. The 31-year-old from Kamloops, B.C., was ranked No. 1 in the world last season, and captured silver at the world championships.



Jessica Zelinka, London, Ont.

Jessica Zelinka was fifth in the Olympic heptathlon four years ago, but her Canadian-record performance at the trials has her ranked No. 4 in the world. The 30-year-old from London, Ont., will also race the 100-metre hurdles and is Canada's fastest entry in a race in which anything can happen.

THE CANADIAN PRESS



MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	55	34	.618	—
Baltimore	46	43	.517	9
Boston	46	44	.511	9%
Tampa Bay	46	44	.511	9%
Toronto	45	45	.500	10%

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	49	40	.551	—
Detroit	47	43	.522	2%
Cleveland	46	43	.517	3
Kansas City	38	50	.432	10%
Minnesota	37	52	.416	12

WEST DIVISION

	W	L	Pct	GB
Texas	54	35	.607	—
Los Angeles	49	41	.544	5%
Oakland	46	43	.517	8
Seattle	38	53	.418	14%

Monday's results

Detroit 8, L.A. Angels 6
N.Y. Yankees 6, Toronto 3
Boston 5, Chicago White Sox 1
Cleveland 3, Tampa Bay 2
Minnesota 19, Baltimore 7
Seattle 9, Kansas City 4
Sunday's results
L.A. Angels 10, N.Y. Yankees 8
Toronto 3, Cleveland 0
Detroit 4, Baltimore 0
Boston 7, Tampa Bay 3
Chicago White Sox 2, Kansas City 1
Oakland 9, Minnesota 4
Texas 4, Seattle 0
Tuesday's games

N.Y. Mets (Niese 7-4) at Washington (DeTwiler 4-3), 7:05 p.m.
Arizona (Bauer 1-1) at Cincinnati (Cueto 10-5), 7:10 p.m.
St. Louis 3, Milwaukee 2
Pittsburgh at Colorado
Houston at San Diego
Philadelphia at L.A. Dodgers
Sunday's games
Washington 4, Miami 0
Atlanta 6, N.Y. Mets 1
Milwaukee 4, Pittsburgh 1
Chicago Cubs 3, Arizona 1
Philadelphia 5, Colorado 1
San Francisco 3, Houston 2
San Diego 7, L.A. Dodgers 2
Cincinnati 4, St. Louis 2
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N.Y. Mets (Niese 7-4) at Washington (DeTwiler 4-3), 7:05 p.m.
Arizona (Bauer 1-1) at Cincinnati (Cueto 10-5), 7:10 p.m.
St. Louis 3, Milwaukee 2
Pittsburgh at Colorado
Houston at San Diego, 3:35 p.m.
Colorado at Chivas USA, 4:00 p.m.
New England at Montreal, 8 p.m.
Kansas City at Houston, 8:30 p.m.
Los Angeles at Vancouver, 10 p.m.
Dallas at San Jose, 11 p.m.

Wednesday's games
St. Louis at Milwaukee, 2:10 p.m.
Philadelphia at L.A. Dodgers, 3:10 p.m.
(Friedrich 5-6), 8:40 p.m.
Houston (Lyles 2-5) at San Diego (Ohlendorf 2-0), 10:05 p.m.
Philadelphia (Halladay 4-5) at L.A. Dodgers (Undecided), 10:10 p.m.
St. Louis (Kelly 1-1) at Milwaukee (Wolf 2-6), 8:10 p.m.
Pittsburgh (Bedard 4-10) at Colorado (Friedrich 5-6), 8:40 p.m.
Houston (Lyles 2-5) at San Diego (Ohlendorf 2-0), 10:05 p.m.
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Cleveland at Tampa Bay, 7:10 p.m.
Baltimore at Minnesota, 8:10 p.m.
Seattle at Kansas City, 8:10 p.m.

YANKEES 6, BLUE JAYS 3

Toronto	ab	r	h	bi	New York	ab	r	h	bi
Lawrie 3b	5	0	0	0	Jeter ss	4	0	0	0
Rasmussen	5	0	0	0	Gnards cf	4	0	1	0
Bautista rf	2	1	0	0	All Rdrg dh	4	2	2	0
Bfmcns ph-rf	0	0	0	0	Cano 2b	3	1	2	1
Encmc 1b	4	0	2	1	Teixeira 1b	1	1	0	0
Lind dh	3	1	1	1	Swisher rf	4	0	1	0
YEscor ss	4	0	0	0	Loup L-01	1-3	2	2	2
KJhnsn 2b	3	1	0	0	Fraser	1-3	1	2	2
RDavis lf	4	0	2	0	Cordero	1-3	0	0	0
Arenci c	3	0	1	0	New York				
Totals	33	3	6	2	P.Hughes	7	4	2	2
Toronto	100	101	101	3	D.Robertson W-1-3	1	0	0	1
New York	011	000	04x	6	Eppley	1-3	1	1	0
					R.Soriano S-23-24	2-3	1	0	0
					T-3:04. A-42,819 (50,291) at New York.				

E-Wise (1). DP-Toronto 2. LOB-Toronto 8,

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	51	36	.586	—
Atlanta	49	39	.557	2%
New York	46	43	.517	6
Miami	46	44	.511	9%
Philadelphia	39	51	.433	13%

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	50	39	.562	—
Pittsburgh	49	39	.557	1%
St. Louis	47	43	.522	3%
Milwaukee	42	47	.472	8
Chicago	36	52	.409	13%
Houston	33	56	.371	17%

WEST DIVISION

	W	L	Pct	GB
San Francisco	49	40	.551	—
Los Angeles	48	42	.533	1%
Arizona	43	46	.483	6
San Diego	36	54	.400	13%
Colorado	34	54	.386	14%

WEST DIVISION

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WEST DIVISION

Horoscopes

♈ Aries

March 21 - April 20

Mars in your opposite sign of Libra will make partners and work colleagues more assertive today but that's OK as you know both how to give it and take it. Stand up to them if you want their respect.

♉ Taurus

April 21 - May 21

Don't waste time on trivial matters. You have plenty of energy at your disposal but that does not mean you should waste it. The more you focus on essentials today, the more you will benefit — financially and emotionally.

♊ Gemini

May 22 - June 20

Try not to worry about recent disappointment. Even if they set you back in your plans, you will more than make up for them over the next four or five weeks. Your motto must be: Know what you want and believe you can get it.

♋ Cancer

June 21 - July 22

What seems wrong with your world at the moment is no big deal. Remind yourself occasionally that most of the things you get uptight about are of no real significance. Look at your life from a higher perspective.

♌ Leo

July 23 - Aug. 22

Invitations of one kind or another will come thick and fast over the next few days. If you don't seem to have time to enjoy yourself, it can only be because you are working too hard. Cut back on your commitments.

♍ Virgo

Aug. 23 - Sept. 22

The most important thing now is that you keep the momentum you have built up going. Follow through on what you have started and don't allow yourself to be distracted by petty people and meaningless events.

♎ Libra

Sept. 23 - Oct. 22

Mars in your sign, allied to Jupiter today, gives you the self-belief you need not only to start new projects but to follow through on them in the face of opposition from rivals and doubters. You can make them work.

♏ Scorpio

Oct. 23 - Nov. 21

There seems to be a lot of noisy people in your neighbourhood at the moment. But are they really more loud and annoying than usual or are you in one of your sensitive moods? Probably the latter, so stay calm.

♐ Sagittarius

Nov. 22 - Dec. 21

Mars in the friendship area of your chart makes this the ideal time to get involved in causes and movements that are close to your heart. Do more than just sign your name to the latest petition then forget about it.

♑ Capricorn

Oct. 23 - Nov. 21

Cosmic activity in the career area of your chart will give you a much-needed boost. Be assertive, be ambitious and be determined to succeed, even if you have failed a dozen times before. You'll get it right this time.

♒ Aquarius

Jan. 21 - Feb. 18

You will stop at nothing to get the thrills and excitement you crave, even if you have to travel far away from home to get them. Today's Mars-Jupiter link makes you adventurous in the extreme. Watch out world.

♓ Pisces

Feb. 19 - March 20

The more other people promise you today, the more likely it is they will let you down or, worse, try to use you for their own ends. Do nothing unless you know for certain it won't cost you any money.

SALLY BROMPTON

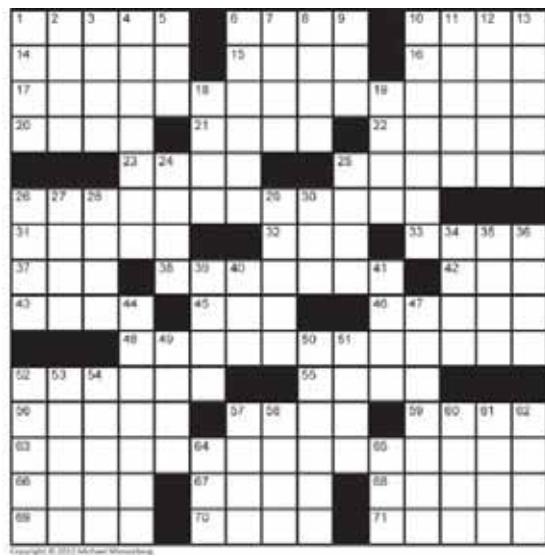
Crossword: The Canadian Experience

Across

1. See 52-Across
6. See 37-Across
10. Nanaimo ___: distinctive Can. treat
14. Throw for ___: surprise
15. Toss ___: roll one
16. Early Roman emperor who served only 3 months
17. Get high on Canada from here
20. *Clan of the Cave Bear* author Jean
21. Odo reset setting
22. Find ___ for: pair with
23. Big name in corn syrup
25. Forewarns
26. While Canada is stereotypically known for cold winter, this is a better representative
31. Nativity
32. Beluga output
33. Canada's largest telecommunications company
37. With 6-Across, popular Canadian sweet dessert spirit
38. Homo follower
42. Center or cycle prefix
43. Nintendo rival
45. CNR's passenger subsidiary that became a separate Crown corporation in 1978
46. Surpluses
48. Popular dish known in PQ as Pâté Chinois
52. With 1-Across, sugary pastry confection
55. Biblical Rachel's sister
56. Avant-garde novelist Nin

Down

57. Bland
59. Beginning with
63. World's largest outdoor show
66. Edmonton Symph., e.g.
67. ___ noire: frightful thing
68. Louis Riel's people
69. GPS part
70. "Rats!"
71. Court order
1. "Toodle-oo"
2. Jesus on the field
3. Cowboys at 63-Across often hold this
4. Trunk item
5. Tanning letters
6. Cries at 63-Across
7. Gram or graph predece
8. Featured singer on Velvet Underground's debut album
9. After dusk, poetically
10. Gen-Xers' parents
11. Engaged in a battle
12. "Frankly, my dear..." utterer
13. Hurting spots
18. Ripped
19. It might be tall
24. What dentists hear a lot of
25. Final word
26. Bird associated with the Nile River
27. Cannes neighbor
28. Small amount of residue
29. With 34-Down, unctuous *David Copperfield* character
30. A Stooge
34. See 29-Down
35. All Fools' Day: abbr.
36. Like an owl, proverbially
39. State
40. Archie Bunker's "name" for Edith
41. Canadians call it pop
44. ___ a drum: comparably tense
47. Like flights of Canada geese



BY MICHAEL WIESENBERG

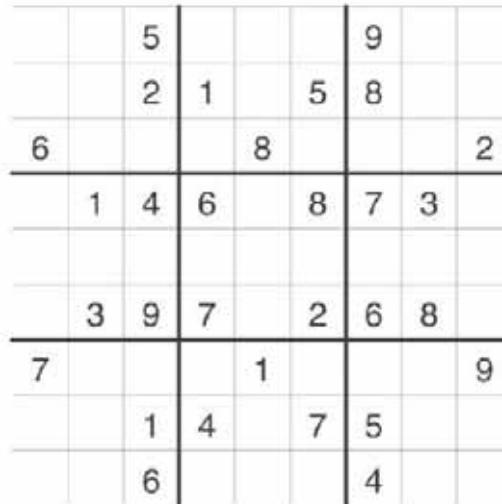
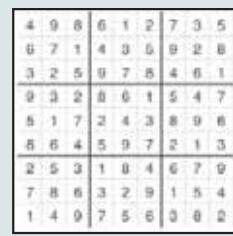
49. ___ Rebel": #1 tune of 1962
50. Exuberant
51. C&W's McEntire
52. Flavored soy bits introduced in 1966 by General Mills
53. Acting on a single number, mathematically
54. After-shower powders
57. One changing colors
58. Alphabetic quartet
60. Org. probing for outer-space life
61. Like Keats' poetry
62. Big celebration
64. BMO competitor
65. Fr. lady

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Yesterday's Crossword



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MIN: 14°

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MAX: 26°

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